

# AEF 7/8 heads home

332nd AEW Public Affairs

The time has come for the Airmen deployed as part of AEF 7/8 to pack their things and make room for the new Airmen steadily arriving at Balad.

"This has been a record setting deployment in many ways and in almost every area," said Col. Tip Wight, 332nd Air Expeditionary Wing vice commander. "We have set records for numbers of sorties and hours flown, ordnance dropped, air support requests filled, phase inspections performed, passengers and cargo moved, number of air traffic control operations, numbers of miles convoyed, numbers of patients treated and surgeries performed at the Air Force Theater Hospital, patients air evacuated, even down to the numbers of tests given to our Airmen, numbers of services functions, amount of money awarded as prizes to our Airmen and number of distinguished visitors who have toured the base to see our Airmen in action.

"Moreover, all of this has been done

— See Accomplishments, Page 5



Photo by Airman 1st Class Chad Watkins

**As AEF 7/8 winds down, Airmen have begun preparing and packing equipment to be sent back to the States. Airmen load a HH-60G Pavehawk onto a C-5 Galaxy for transportation back to Moody Air Force Base, Ga.**

## Passing time in Balad



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## Airmen convoy 4-million miles



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## Quiet storm



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Photos by Staff Sgt. Tammie Moore

## Passing time at Balad

(Above) Staff Sgt. Jeremy Garcia, 732nd Expeditionary Logistics Readiness Squadron, prepares to land a jump on his skate-board.

(Left) Senior Airman Travis Lippert, 732nd Expeditionary Logistics Readiness Squadron, launches off a ramp.



Photo by Airman 1st Class Chad Watkins

## COMMANDER'S ACTION LINE

As a service for Balad Airmen, the 332nd Air Expeditionary Wing operates the Commander's Action Line program.

The line is a way for Balad Air Base members to get answers to questions or express concerns about life on the base. Brig. Gen. Frank Gorenc, 332nd AEW commander, gives action line queries his personal attention.

The *Red Tail Flyer* will publish those items that are judged to be of general interest to the Balad Air Base population. In addition to using the commander's action line, Balad Airmen are asked to remember their chain of command when dealing with problems and concerns. The Commander's Action Line can be reached via e-mail at [redtailflyer@blab.centaf.af.mil](mailto:redtailflyer@blab.centaf.af.mil).

Those using the action line should include name, unit and phone number in case additional information is needed and for a timely response.

**Brig. Gen. Frank Gorenc, 332nd Air Expeditionary Wing commander, coins 332nd Expeditionary Operations Group Airmen for a job while done during AEF 7/8 rotation.**

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The *Red Tail Flyer* is published by the 332nd Air Expeditionary Wing Public Affairs Office.

This funded Air Force newsletter is an authorized publication for members of the U.S. military services overseas. Contents of the *Red Tail Flyer* are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense or the Department of the Air Force.

The editorial content is edited, prepared and provided by the public affairs office of the 332nd AEW at Balad Air Base, Iraq. All photos are Air Force photos, unless otherwise indicated. The deadline for all editorial submissions is noon the Friday prior to the date of publication. The public affairs office can be contacted at 443-6005, or by e-mail at: [redtailflyer@blab.centaf.af.mil](mailto:redtailflyer@blab.centaf.af.mil) or [332aew.pa@blab.centaf.af.mil](mailto:332aew.pa@blab.centaf.af.mil).

<http://www.afnews.af.mil/iraq/baladarchive/current.pdf>





Photo by Senior Airman Bryan Franks

Senior Airman Jeff Mangalin, 332nd Air Expeditionary Wing command post, talks to an aircraft preparing to taxi into Balad Air Base.

# Command post

## Airmen helps to keep Balad secure

By Senior Airman **Bryan Franks**  
332nd AEW Public Affairs

Behind a locked door, with windows boarded up like a fort and no visible access to the outside world except for a video camera showing them who is at their door, members of the 332nd Air Expeditionary Wing command post act as the eyes, ears and voice of the base.

Like at any Air Force command post, the Balad shop receives and relays information about inbound and outbound aircraft, cargo, attacks and emergencies.

"We're a central point for all information regarding the base," said Senior Airman Jeff Mangalin, 332nd AEW command post controller. "We are a conduit for information that flows from all the agencies to the wing leadership."

The command post is also directly connected to the flying mission here.

Aircraft pilots call in and report the number of passengers on their flight and the information is relayed to Air Traffic Operation Center, which in turn arranges bus transportation for the passengers.

Command post Airmen also report the type of cargo on the aircraft, so logistics will know what equipment to bring out to

off load it.

In addition to relaying passenger and cargo information, the command post monitors all attacks on the base. Because of command post's location and equipment, wing leadership regularly monitors attack responses there.

"We receive our information about incoming attacks on the base from the Joint Defense Operation Center located here," Airman Mangalin said. "They give us the most accurate information about the incoming attacks."

Although the Airmen who work in the command post are always behind closed doors, they do enjoy being "in the know" about a lot of things going on the base.

"It's nice to work with senior leadership and to see the behind the scenes actions," Airmen Mangalin said. "We always work 24-7 relaying information to support the warfighter."

The work of the command post Airmen has not gone unnoticed by their chain of command.

"I've expected a lot from my Airmen and each time they've risen to the occasion," said Capt. Rodney Bagley, 332nd AEW command post officer in charge.

## BALAD AIR BASE NEWS NOTES

### H6 Rec. Tent events

The following events are scheduled to be held at the H6 Recreation Tent:

- ◆ A Jazz and Poetry Night today at 8 p.m. in Panther Pavilion Theater
- ◆ A Scrabble Tournament today at 7 p.m.
- ◆ A Halo Tournament Sunday at 8 p.m.
- ◆ A Salsa dance Jan. 20 at 8 p.m.
- ◆ A NBA Live '06 Tournament Jan. 22 at 8 p.m.

### Coed touch rugby

The coed touch rugby club is looking for individuals of any skill level who are interested in playing touch rugby. Training is held Sundays at 4 p.m. on Killeen Pitch. For more information contact Tech. Sgt. Dave Delozier at 443-7921 or send an e-mail to [delozierd@yahoo.com](mailto:delozierd@yahoo.com).

### Testing office limitations

There will be no CLEP, DANTES or Excelsior credit-by-examination testing conducted Monday through Jan. 20 due to the test control officer's mandatory change over inventory. For more information, call Tech. Sgt. Susan McCarter at 443-6953 or send an e-mail to [susan.mccarter@blab.centaf.af.mil](mailto:susan.mccarter@blab.centaf.af.mil).

### Diamond Sharp awards

Congratulations to the latest Diamond Sharp Award winners: Senior Airman Leigh McSally, 332nd Air Expeditionary Wing; Senior Airman Jasmine Ramos, 332nd Expeditionary Civil Engineering Squadron; and Senior Airman John Kelly IV, 732nd Expeditionary Logistics Readiness Squadron.

### Cyber Café open

The Cyber Café is open and offering access to computers and phones 24 hours a day, seven days a week.



Photo by Staff Sgt. Tammie Moore

**Tech. Sgt. Bob Brock, 332nd Air Expeditionary Wing ground safety NCO in charge, surveys water build-up in the H6 housing area to ensure that Airmen are not in danger of slipping and injuring themselves.**

# Think of safety first

By Staff Sgt. **Tammie Moore**  
332nd AEW Public Affairs

Keeping the Airmen at Balad safe is not a task taken lightly by the 332nd Air Expeditionary Wing Ground Safety Office.

"Our job is to prevent the loss of life or damage to government equipment," said Tech. Sgt. Clyde Lathon, 332nd AEW ground safety manager. "We are the Air Force equivalent to the Occupational Safety and Health Administration."

To accomplish these goals, the two-person ground safety shop spends a portion of every day watching the daily operations of Balad Airmen.

"We are always out and about, watching ground operations on the base," said Tech. Sgt. Bob Brock, 332nd AEW ground safety NCO in charge. "We spend a lot of time monitoring operations on the fightline, looking at the aircraft ground operations. We also watch contracting operations to make sure they don't endanger Air Force people. We conduct mishap investigations. In addition, if someone is hurt at a Balad forward operations base, we will travel there to interview them if they are not medically evacuated here."

All of this and more is done by the ground safety office Airmen, who coordinate their programs down to the lowest levels with the assistance of unit safety representatives.

"Normally at a wing this size we would have more people to do this job," Sergeant Brock said. "Because there are only two of us, we rely heavily on unit safety representatives."

Sergeant Lathon said, "Unit safety representatives are a vital part of the program. They serve as an extra set of eyes and ears for us. We have been blessed with very good unit safety representatives this rotation; they helped bring the number of safety incidents down."

During AEW 7/8, wing safety efforts have made a large impact by reducing safety mishaps more than 50 percent compared to the last rotation.

"I believe this is because we have been out of the office talking to people," Sergeant Lathon said. "We have been around the base asking people what they need to help make their work environment safer."

Despite the improved safety numbers seen during AEW 7/8, Sergeant Lathon and Sergeant Brock asked those who are leaving not to become complacent and those who were arriving not to forget safety practices just because they are deployed.

"Most people who get hurt while deployed do so at the beginning or the end of a rotation," Sergeant Brock said. "People get into the mindset that while deployed the rules don't apply and start taking shortcuts they would not normally take. Nine times out of 10, when someone gets hurt, it was because they took a short cut."

Sergeant Lathon said, "Remember, the safety office and safety unit representatives can only go so far to ensure you return home the way you left, the rest of the responsibility falls into your hands."



**Accomplishments, from Page 1**

against the backdrop of the Iraqi elections, constitutional referendum, and seating of the new Iraqi government," Colonel Wight said. "This has truly been a historic AEF rotation in every sense."

The following are some of accomplishments achieved by AEF 7/8 Airmen:

**46th Aircraft Maintenance Unit**

- ◆ Flew more than 550 sorties with approximately 9,800 flying hours and supplied 9,000 hours of intelligence
- ◆ Examined more than 1,000 targets and supported approximately 100 raids leading to more than 200 insurgents capture

**64th Expeditionary Rescue Squadron**

- ◆ Pararescue Dive Recovery Mission successfully recovered two U.S. Soldiers
- ◆ Zero sorties lost for weather and maintenance

**332nd Air Expeditionary Wing Staff**

- ◆ Assisted with more than 50 distinguished visitor visits
- ◆ Received and processed more than 1,600 decorations
- ◆ Reduced safety hazards and incident rates in all three major categories

**332nd Expeditionary Aeromedical Squadron**

- ◆ Moved Contingency Aeromedical Staging Facility from tents to a semi-hardened facility
- ◆ Served 6,000 clinic patients, giving 3,300 shots while conducting FOB visits

**332nd Expeditionary Aircraft Maintenance Squadron**

- ◆ Enabled the 555th EFS to perform more than 1,300 sorties, flying more than 5,600 hours
- ◆ Enabled the 332nd EFS to conduct approximately 1,000 sorties and fly more than 5,000 hours
- ◆ Enabled the 46th ERS to perform more than 550 sorties, flying approximately 9,800 hours and killing 11 insurgents
- ◆ Enabled the 64th EMU to conduct more than 200 sorties, flying approximately 400 hours

**332nd Expeditionary Civil Engineering Squadron**

- ◆ Executed \$170 million in construction projects — largest effort in Iraq
- ◆ Rebuilt the AFTH using 46 tents,

20,000 sandbags, 12,000 feet of power cable and one mile of wiring in 13 days

**332nd Expeditionary Communications Squadron**

- ◆ Built up more than 70 systems in 72 hours for new C-130 beddown mission
- ◆ Provided more than 200 video teleconference calls serving 25 bases

**332nd Expeditionary Fighter Squadron**

- ◆ Flew approximately 5,000 hours and 1,000 sorties in 120 days
- ◆ Conducted more than 60 tactical recon missions covering more than 300 intelligence targets

**332nd Expeditionary Logistics Readiness Squadron**

- ◆ Busiest aerial port in the AOR, moving 56,000 passengers, 23,000 tons cargo and approximately 3,400 missions with a 99.8 percent on-time rate
- ◆ Managed redeployment of 2,800 personnel, 10 aviation units and 650 standard tons of cargo

**332nd Expeditionary Maintenance Group**

- ◆ Achieved a maintenance scheduling effectiveness rate of 99 percent
- ◆ Performed more than 2,000 inspections — 500 more than previous AEF

**332nd Expeditionary Medical Operations Squadron**

- ◆ PT/OT serviced all of LSA Anaconda and 19 FOBs treating 4,000 patients — 90 percent returned to duty
- ◆ Emergency room staff treated 3,000 trauma patients and responded to seven mass casualty events with a 96 percent survival rate

**332nd Expeditionary Medical Support Squadron**

- ◆ Implemented first forward logistics program at AFTH which was dubbed "best medical logistics program" in the AOR
- ◆ Patient administration responded to 1,050 helicopter arrivals receiving more than 2,000 patients

**332nd Expeditionary Operations Support Squadron**

- ◆ Assisted with medical evacuation flights moving more than 1,500 patients
- ◆ Managed airfield operations for second busiest single-runway operation in world

**332nd Expeditionary Security Forces Squadron**

- ◆ Assumed law and order mission — seized more than 200 pounds of contraband
- ◆ FPASS flew more than 100 missions providing approximately 70 hours of aerial surveillance and recon

**332nd Expeditionary Services Squadron**

- ◆ Opened a new Cyber Café and library
- ◆ Operating the busiest recreation tent and fitness center in the AOR

**386th Expeditionary Operations Group, Detachment 1**

- ◆ Provided 100 percent aircraft utilization and 95 percent launch reliability
- ◆ Provided 23 percent increase in sorties and missions

**555th Expeditionary Fighter Squadron**

- ◆ Pilots destroyed 100 percent of fragg targets
- ◆ Supported more than 100 alert launches, 450 raids, 80 troops in contact and three combat search and rescue missions

**721st Air Mobility Operations Group**

- ◆ Performed operations moving almost 80,000 passengers and 35,000 tons of cargo
- ◆ Combined maintenance departure reliability rate of 99 percent

**727th Expeditionary Air Control Squadron**

- ◆ Responsible for surveillance of airspace approximately 270,000 sq miles
- ◆ Maintained an amazing mission uptime rate of 99.79 percent at three Iraq locations

**732nd Expeditionary Civil Engineering Squadron**

- ◆ Designed and built more than 400 projects valued at more than \$2 billion to include schools, power plants and jails
- ◆ RAMS responded off base 17 times saved four Army and two local nationals in near death accidents

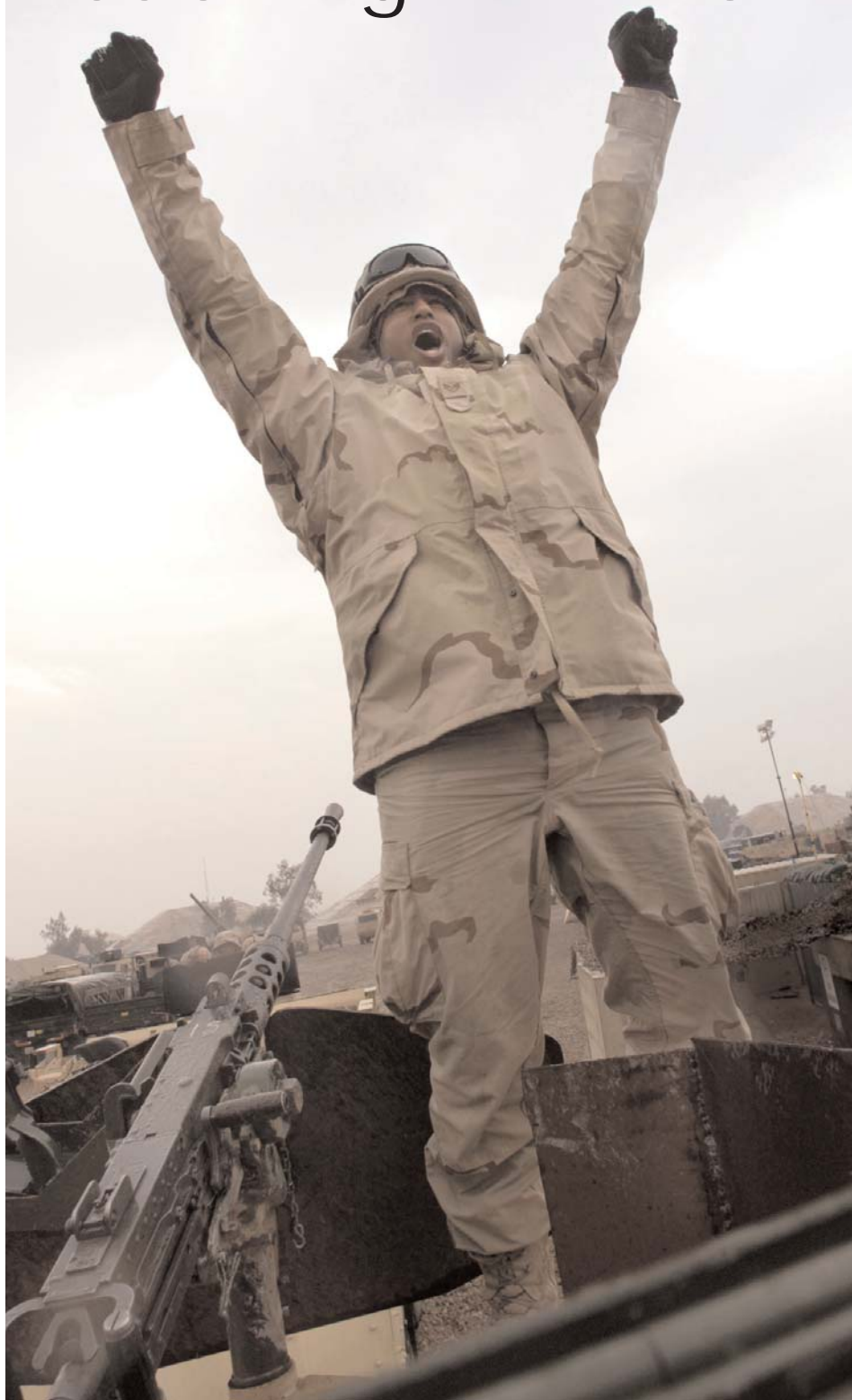
**732nd Expeditionary Logistics Readiness Squadron**

- ◆ Accumulated more than 728,000 miles — breaking the four-million miles traveled since inception
- ◆ Add-on-Armor detachment entrusted with unique armor kits

**732nd Expeditionary Security Forces Squadron**

- ◆ Trained 1,700 Iraqis in seven locations on military police functions
- ◆ Provided explosive and narcotic dog support, discovering weapons caches

# Reaching 4-million-mile mark



Photos by Master Sgt. Lance Cheung

Staff Sgt. Viktor Hancock, 732nd Expeditionary Logistics Readiness Squadron gunner, celebrates the completion of the convoy security mission that achieved the unit's four-million-mile mark. His duty as a gunner is to man the roof mounted 128 pound .50-caliber M2 machine gun. When called upon, he can unleash 450 to 550 rounds per minute up to 6,764 meters away.

By Staff Sgt. Kevin Nicholas  
U.S. Central Command Air Forces News Team

The 732nd Expeditionary Logistics Readiness Squadron reached a milestone Saturday when they completed their four-million-mile convoy mark.

After Lt. Col. John Waggoner's Airmen returned from the milestone convoy, the 732nd ELRS commander, screamed out to his troops, "How many miles?"

"Four-million," his troops ecstatically answered back.

Then Colonel Waggoner said to the Airmen.

"This culminates two years of convoys, doing stuff that you've had to stand up from scratch," Colonel Waggoner said. "The Army asked us to come in and help out; we were able to do it. Just don't forget, you've been an important part of history."

That history started with their first convoy two years ago. The 732nd ELRS Airmen, which uses their Army predecessor's unit designator of 2632, have taken

See 4-million, Page 7



DM-1114 Humvee vehicles lead the 732nd Expeditionary Logistics Readiness Squadron's convoy security team that completed the unit's four-million mile mark Saturday.





**Capt. Richard Pike, 732nd Expeditionary Logistics Readiness Squadron Gun Truck Detachment commander, reflects on how Staff Sgt. Dustin Peters and Airman 1st Class Carl Anderson might feel about the detachment's four-million mile accomplishment. They were killed when their convoys were hit by roadside bombs.**

#### **4-million, from Page 6**

to calling themselves Detachment 2632 have kept supplies going on some of the world's most dangerous highways since June 2004.

The importance of this mission was not lost on the members, nor is the danger.

"Staff Sergeant Peters will not be forgotten — HOOAH!" Colonel Waggoner cried out to the convoy team. "Airman Anderson will not be forgotten — HOOAH!"

Staff Sgt. Dustin Peters and Airman 1st Class Carl Anderson were gunners from another unit sent to Balad to help out with the convoy runs. They were both killed when their convoys were hit by roadside bombs.

"I have some Airmen who were here with (Sergeant Peters and Airman Anderson) up to the events that ended in their tragic death," said Capt. Richard Pike, Det. 2632 commander. This accomplishment means a lot for these Airmen.

Captain Pike reflected on how Sergeant Peters and Airman Anderson might feel about the 4-million mile accomplishment.

"I believe they'd be extremely proud; not just in what the Airmen have done but what the Airmen have provided for the nation and the people of Iraq," Captain Pike. "We started with an honorable goal and we've met that goal."

Airmen packed in under their shelter on a cold and rainy day to welcome the four-million mile convoy home. Handshakes were given and smiles came out on their faces. Despite the gloom of the day, spirits were bright as the convoy represents more to them than just the miles they've racked up.

For Senior Airman Candi Laury, a gunner for the convoy detachment, it's all about teamwork.

"It's our pride and joy, because we take everything to heart, especially with our job," she said "We're like family."

Captain Pike looks toward the future, as the Air Force gets ready to turn over convoy duties back to the Army this month.

"Hopefully our efforts will not be forgotten as we leave out of here and the country of Iraq continues to build toward a strong democracy," Captain Pike said.



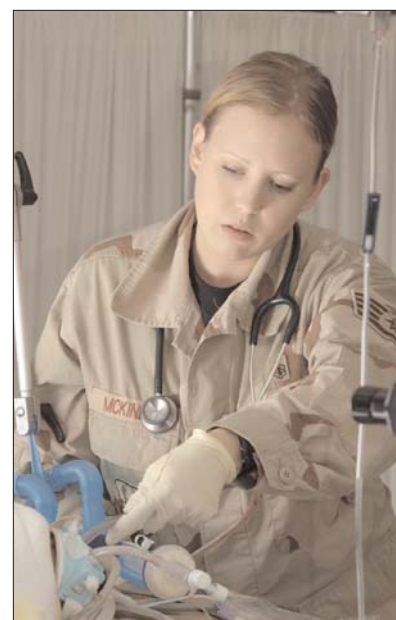
**Tech. Sgt. David Freid, 732nd Expeditionary Logistics Readiness Squadron truck commander, off-loads boxes containing hundreds of .50-caliber ammunition rounds from an armor modified M-1078 5-ton Light Medium Tactical Vehicle.**





Photos by Master Sgt. Lance Cheung

**Staff Sgt. Bonnie McKinley leads yoga classes during a break in her 15-hour shift at the Air Force Theater Hospital, Balad Air Base. The 5-foot 4-inch respiratory therapist with the 332nd Expeditionary Medical Group weighs in at 140 pounds, but a few years ago she weighed 215 pounds after a pregnancy.**



**Staff Sgt. Bonnie McKinley, a respiratory therapist, checks the respiration of an Iraqi soldier, who was injured by an improvised explosive device. Now, he is receiving care at the Air Force Theater Hospital at Balad Air Base.**

## Airman saves career through yoga

By Staff Sgt. **Kevin Nichols**  
U.S. Central Command Air Forces News Team

Staff Sgt. Bonnie McKinley has a picture she carries around of another time in her life. Unlike the photos others carry when they deploy, hers serves as a reminder of the life she used to lead.

The picture shows Sergeant McKinley at 5-foot-4-inches and 25 years old when she weighed 215 pounds, putting her at risk of a heart attack or stroke and placing her Air Force career in jeopardy.

When the Air Force mandated that she increase her exercise routine, she decided to try yoga because it had always interested her.

"I fell in love with it from the beginning," said Sergeant McKinley, a respiratory therapist at the Air Force Theater Hospital.

Now 75 pounds lighter, she helps patients in the intensive care unit breathe a little easier.

Sergeant McKinley loved yoga so

much that she stuck with it and received a teaching license. Now, in a little room outside the AFTH used for viewing movies, she teaches medics and others here who are willing to give yoga a try.

"[Before the room was here] we'd get together and talk about exercising — how difficult it was to get to sometimes after work," said Sergeant McKinley who is deployed from Sheppard Air Force Base, Texas.

She sent out an e-mail to see if anyone was interested in learning yoga, and got a great response.

Her "fat picture," as she calls it, has become a centerpiece in her life now. It is a constant reminder of what she has lost and what she has gained.

"Have you seen my fat picture?" she asks co-workers. "I never want to be that unhealthy again."

Not only has she lost the weight, but she has kept it off and used her experience to help others become more fit.



**Staff Sgt. Kimberly Kemp (left) is astonished at seeing Staff Sgt. Bonnie McKinley's "fat picture." Both Airmen are assigned to the Air Force Theater Hospital.**





Photo by Staff Sgt. Tammie Moore

Staff sergeants Craig and Millie Nordman, 332nd Expeditionary Civil Engineering Squadron, enjoy a game of cards during their off-duty time at the recreation tent. The two sergeants who have been married for four and a half years and are both deployed to Balad Air Base during AEF 7/8.

# Together Husband, wife serving at Balad

By Staff Sgt. **Tammie Moore**  
332nd AEW Public Affairs

Deployments can place family members in unique situations, and require them to find creative ways to stay connected.

This is an experience staff sergeants Craig and Millie Nordman have gone through twice before, but this deployment has been much different since they deployed to Balad Air Base together.

Both Airmen are wrapping up a four-month deployment with the 332nd Expeditionary Civil Engineering Squadron. Sergeant Craig Nordman is deployed as a heavy equipment operator and Sergeant Millie Nordman is deployed as an engineer journeyman.

The joint deployment came as a surprise to the couple who have been married for four and a half years.

"I never thought we would deploy to the same base together," she said. "I was told it would never happen. When I found out I was going to Balad in June, I told my

supervisor my husband was already going there. They said it was OK and I would be going as well."

Sergeant Craig Nordman said, "I liked the idea; I thought it was cool. I was interested in seeing what she does while she is deployed."

Sergeant Millie Nordman left Davis-Monthan Air Force Base's 335th Civil Engineering Squadron and arrived to Balad a few weeks before her husband, so she was able to tell him what to expect.

"Getting here first, I was able to tell him what the squadron and base were like," she said. "I told him what to bring and what not to bring."

Being deployed together has its ups and downs according to the Nordmans.

"It is better being deployed together for many reasons," she said. "I don't worry as much here. When he deployed the first time, he was not able to call me often; I would hear things on the news and not really know what was going on. This time,

I know where he is during alarm reds and if he is safe."

Sergeant Craig Nordman said, "The alarm conditions can also cause the biggest worries."

"One of the hard parts is that we don't have anyone at home to take care of bills and other things for us," Sergeant Millie Nordman said.

Although the couple is assigned to the same unit, they work in different duty sections, so they don't see one another at work much. But, they make a point to spend their off-duty time together.

"We have only worked on one project together here," Sergeant Craig Nordman said. "However, we have the same day off and we are always together after work."

Sergeant Millie Nordman said, "We just hang out and talk about how our days went. We spend time hanging out in the recreation tent playing cards, video games and putt-putt golf."





Photos by Master Sgt. Lance Cheung

**Master Sgt. Alvin Porterfield sings as Tech. Sgt. Davis Munoz plays the guitar during open mic night. Both are assigned to the 332nd Expeditionary Communications Squadron.**

# Quiet Storm Moves into Balad

The Redtail 5/6 offers Airmen a chance to unwind and enjoy entertainment provided by others serving with them every other Saturday night in the open area by the Green Bean.

Airmen are invited to share their talents or to just sit back and watch. Entertainment ranges from cover songs and poetry to original creations and stand up comedy routines. The next Quiet Storm open mic night is scheduled to be held Jan. 21 at 7 p.m.

For more information about the event connect Tech. Sgt. Davis Munoz, Redtail 5/6 president at 443-7549.



(Above) John Fuschich, 332nd Expeditionary Operations Support Squadron, sings and plays guitar for an audience during the Quiet Storm open mic night. Mr. Fuschich, a Department of Defense contractor, has been playing guitar for 15 years. "I just play for the family," he said. "And this is family."

(Right) John Fuschich (Left to right), Tech. Sgt. Davis Munoz, Capt. April Ducote and Capt. Steven Pena share their musical talents during open mic night. Captain Pena and Sergeant Munoz are assigned to the 332nd Expeditionary Communications Squadron. Captain Ducote and Mr. Fuschich are assigned to the 332nd Expeditionary Operations Support Squadron.





# It takes more than words: Success comes from having the right attitude

By Master Sgt. **Brian Rogers**  
407th Expeditionary Communications Squadron  
first sergeant at Ali Air Base, Iraq

Other countries must wonder how the United States Air Force became the world's greatest air power, relying solely on an all-volunteer force.

Airmen don't earn a six figure paycheck and incentives to excel can sometimes be more profitable in the civilian world.

So what is it that produces this world class excellence? The answer is simple: it's you, the individual Airman.

Americans took actions based on their convictions to set this country in motion in 1776 and this same drive has resulted in the United States being the first and only nation to have stealth technology.

The commitment of today's Airman is the foundation of our core values. But the core values can't stand alone, they must be backed with the right attitude.

Attitude is what gives our core values meaning. For example, many Airmen have done well in realizing that integrity first is doing the right thing even when nobody is watching. This is correct, but if your attitude about the value is wrong, then it isn't truly your value; you haven't internalized it.

**“ But an attitude toward excellence drives Airmen to do their best, to rise above the standard. ”**

- By Master Sgt. **Brian Rogers**  
407th Expeditionary Communications Squadron

Attitude comes from the heart — never hesitating to do what is right; never even contemplating if you can get away with something. The decision is automatic.

Your attitude toward integrity shows in everything you do: the way you wear your uniform tells how true you are to the profession of arms; courtesy to superiors, peers and subordinates tells your fellow Airmen that you are a professional. And professionals are those sought after to be leaders.

Your attitude toward integrity flows into the way you perceive and communicate your adherence to the “Service Before Self” core value. Again, it's more than getting to work early, staying late or working a weekend: anybody can work long hours.

The differences in service before self show themselves in the attitude of an Airman. An Airman with an attitude truly

reflecting service before self, reports for work ready for the shift without dread or spite, accepting challenges with a warrior spirit and ready to overcome any obstacle to meet the mission. That is service before self.

“Excellence in All We Do” is also driven by attitude. Doing a job the proper way isn't the same as excellence in all that we do. Doing a job properly to avoid the negative consequences isn't at the heart of excellence. But an attitude toward excellence drives Airmen to do their best, to rise above the standard.

These Airmen seek opportunities to improve processes and go out of their way to help other Airmen, peers and supervisors.

Air Force core values have produced amazing results. They have led us down the path that's made us the best of the best. Our air superiority is unprecedented.

My challenge to you is to take the core values to heart. Approach them with an attitude that tells those around you that they are you and everything you do is driven by a belief in the core values.

Your attitude toward the Air Force core values has the power to move the Air Force even further ahead, to make tomorrow's even stronger than today's.

## BALAD AIR BASE UNIFORM TIPS

The floppy hat strap will be worn secured tightly to the back of the head, under the hat or under the chin. The strap will not be folded over the top. The strap will not be used to suspend the hat on the back of the neck. For additional guidelines on floppy hat wear, see 332nd Air Expeditionary Wing Instruction 36-2903 [Dress and Personal Appearance Standards] section two.

## Balad AB Religious Schedule

### Protestant - Traditional

Sundays  
9:30 a.m. - Provider Chapel, 10 a.m. - Freedom Chapel, 5:30 p.m. - Tuskegee Chapel

### Protestant - Gospel

Sundays  
11 a.m. - Sustainer Indoor Theater, 11:30 - Freedom Chapel, 7 p.m. - Provider Chapel

### Protestant- Praise and Worship

Sundays  
9:30 a.m. - Sustainer Indoor Theater, 6:30 p.m. - Moral and Warfare Recreation Tent 29th SPT BN  
Sundays and Wednesdays

### Protestant - Contemporary

Sundays  
10 a.m. - 299th FSB Tent Chapel, 11 a.m. - Town Hall

### Latter Day Saints

Sundays  
1p.m. - Provider Chapel, 7 p.m. - Tuskegee Chapel

### Liturgical- Protestant

Sundays

7:30 a.m. - Hospital, 8 a.m. - Provider Chapel  
Samoan Congregational Service

### Roman Catholic Mass

Mondays through Fridays  
7 p.m. - Tuskegee Chapel  
Saturdays  
5 p.m. - Tuskegee Chapel (4:45 p.m. Reconciliation)

Sundays  
8:30 a.m. - Freedom Chapel, 9 a.m. - Tuskegee Chapel, 11 a.m. - Provider Chapel, 3:30 p.m. - “626” Chapel (for Special Ops personnel only)

### Church of Christ

Sunday  
2 p.m. - Tuskegee Chapel

### Islamic Prayer

Fridays

1:30 p.m. - Provider Chapel

### Jewish Prayer

Fridays  
6:30 p.m. - Provider Chapel Annex



Courtesy photo

## Silent Heroes

Staff Sgt. William Howard, 332nd Expeditionary Maintenance Operations Flight Maintenance Analysis, is this week's "Silent Hero." He was chosen because he conducted a study of aircraft sortie durations versus break rate. This data was used to manage aircraft fleet health that produced more than 3,000 combat sorties and 21,000 hours flown, said Col. Michael Dillard, 332nd Expeditionary Maintenance Group commander. He also provided analytical support to the four diverse aircraft maintenance units at Balad.

## Know what this is?

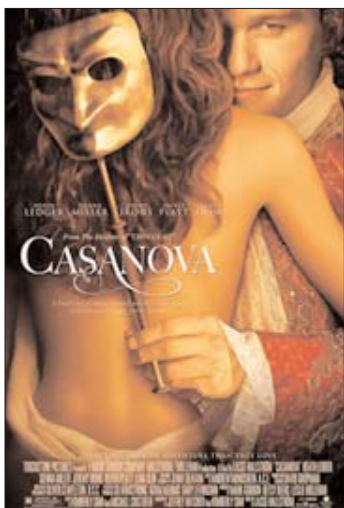


Photo by Staff Sgt. Tammie Moore

If you can identify the object, send us an e-mail at [redtailflyer@blab.centaf.af.mil](mailto:redtailflyer@blab.centaf.af.mil). Last week's photo was first identified by Staff Sgt. Jeff Dashner, 386th Expeditionary Operations Group, as a tire valve.

# Sustainer movie schedule

Schedule is subject to change



**Today**  
 3 p.m. - Prime  
 6 p.m. - The Weather Man  
 9 p.m. - Casanova  
 (Premiere showing)  
 Midnight - Casanova  
**Saturday, Jan. 14**  
 3 p.m. - Dreamer  
 6 p.m. - Casanova  
 9 p.m. - Doom  
**Sunday, Jan. 15**  
 3 p.m. - Casanova  
 6 p.m. - The Fog  
 9 p.m. - Prime  
**Monday, Jan. 16**

3 p.m. - North Country  
 6 p.m. - Casanova  
 9 p.m. - The Fog  
**Tuesday, Jan. 17**  
 3 p.m. - The Weather Man  
 6 p.m. - Doom  
 9 p.m. - Casanova  
**Wednesday, Jan. 18**  
 3 p.m. - Prime  
 6 p.m. - Casanova  
 9 p.m. - Doom  
**Thursday, Jan. 19**  
 3 p.m. - Casanova  
 6 p.m. - Doom  
 9 p.m. - North Country

